



## 1994 Community Congress is coming in March!

The Bernal Heights Community Congress, sponsored by the Neighborhood Center and its membership, will be held this year on March 12th from 9:00 a.m. to 2:00 p.m. at the Neighborhood Center. The Congress is open to all neighbors, so mark your calendars now and plan to be there. As usual, childcare will be provided and an informal "get to know your neighbors" lunch will be served at the end of the meeting.

The Congress is an opportunity to hear about the great accomplishments the neighborhood has achieved this past year to participate in developing our community agenda for the coming year and to vote for BHNC board members.

Also, an effort to touch base with more neighbors, we're holding house meetings around the hill in February and early March.

The purpose of these smaller gatherings of five to 15 people is to hear your concerns about community, youth, and senior problems and to share information on the Center's programs in these areas. Sessions will be no longer than an hour and a half and will be open to all neighbors, both BHNC members and those who have concerns they'd like to share.

We hope you will host or attend one of the house meetings. Please give us a call at 206-2140 to sign up, and we'll have a staff member get back to you as soon as possible.

The house meetings will provide a list of issues for the Congress. Neighbors from around the hill will then have an opportunity to see what the priorities are throughout the community. Our goal is to pinpoint the key areas of greatest concern, invite the com-

*continued on page 5...*



BHNC Center Director Mauricio Vela (middle) and Board President Bill Sorro accept the GMC award presented by Mayor Frank Jordan (far right) and Supervisor Susan Leal (left) as participants of the BHNC's Youth and Senior Programs look on.

## \$264,000 award unites Bernal and Greater Mission youth services

*By Mauricio Vela,  
BHNC Center Director*

On Dec. 22, Mayor Frank Jordan and Supervisor Susan Leal, visited the Senior Program's annual Christmas Luncheon to bring a present to Bernal Heights and Outer Mission. A \$264,000 check was presented to Mauricio Vela and Bill Sorro of the Bernal Heights Neighborhood Center (BHNC) for the Greater Mission

Consortium for Children and Youth. The BHNC will be the lead agency for the consortium, which will serve more than 1,776 young people during its first year. Second-year funding has been written into the Mayor's 94/95 Children Service Plan, which will provide funding through August of 1995. The consortium includes the Bernal Heights Neighborhood Center, Enterprise For High

School Students, Mission Community Legal Defense, Mission Neighborhood Centers/Precita Valley Center, Mission YMCA, the Real Alternatives Program, and three other institutions.

The Greater Mission consortium was designed to help young people and families gain access to violence prevention and education programs. The Greater

*continued on page 4...*



Dimás Moncada and David Gonzalez hope that Cooperativa Popular Teodosia can help artists as well as enrich and educate Bernal Heights.

## People on the Hill

### Enriching the Hill with art inspired from around the world

A warm, reddish glow emits from 430-A Cortland, inviting people who are passing by to take a look inside. They are enchanted with what they see inside the newly occupied storefront — handmade candles, jewelry, cards and painted pots decorated with traditional Mexican motifs and color schemes. The arts and crafts displayed are the beginning of Cooperativa Popular Teodosia, a store that looks forward to enriching Bernal Heights with arts and crafts with ethnic roots from around the world.

Twenty years ago, Cooperativa co-owner Dimás Moncada and his family moved from the small town of La Moncada, Mexico, to settle in Bernal Heights. Growing up on Anderson Street, a couple of blocks down from Cortland Avenue, Moncada has witnessed the street slowly blossoming into a unique part of the City. "Cortland use to be a place where you would go just to get the essentials at Arrow Pharmacy or the

*continued on page 13...*

## South Bernal organizes against crime

*By the South Bernal  
Neighbors Committee*

Over the past year, residents of south Bernal have seen increasing corner drug dealing, burglaries, car break-ins and nighttime gunfire. The drug dealing is isolated but the rottenness these people bring to our neighborhood spreads out around them. Neighbors are organizing to rid our home streets of this threat to the quality of our lives.

The following is a summary of meetings and actions that have occurred:

- Oct. 19: Neighbors from

*continued on page 3...*

## Sixteen libraries face closure

Signatures are needed for a proposed amendment that can save our libraries

*By Vicki Victoria*

Spring is coming and San Francisco residents are looking forward to sunny weather, blooming wildflowers and the annual threats to close neighborhood libraries.

As the City faces a \$100 million budget deficit, it will again look at cutting city services to make ends meet. The neighborhoods, including Bernal Heights, stand to lose 16 of 26 city library branches this year according to Save San Francisco's Libraries.

Save San Francisco's Libraries, a coalition of neighborhoods,

*continued on page 4...*

# New Bernal Journal

515 Cortland Avenue, San Francisco, CA 94110  
(415) 206-2144

The *New Bernal Journal* is a bi-monthly neighborhood newspaper sponsored by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with community news, ideas, issues, and events that support the Center's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." The *New Bernal Journal* is distributed door to door, free in Bernal Heights. Articles express the views of contributors and not necessarily those of the Bernal Heights Neighborhood Center.

## For Advertising Call: 206-2144

Next Issue: April/May '94 Distribution Date: 4/2/94  
Deadlines: Editorial/Submission: 3/1/94  
Advertising Reservation: 3/18/94. Camera Ready Ads: 3/25/94  
We reserve the right to edit for clarity or space.  
Circulation for this issue: 8,000

## New Bernal Journal Staff/Volunteers

**Editor** Vicki Victoria  
**Youth Assistant** Marcus Johnson  
**Art Production/Photos** Victoria Graphics  
**Distribution** David Rogers & a cast of hundreds!  
**Contributors** Lisa Kaborchya, Raul Rodriguez, Clo Dow, Helen Heller, Richard Olive, Mauricio Vela, Francine Sunfilippo, Beth Abrams, Barbara Pitschel

**Editorial Assistance** Patrick Twohy  
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Member of the S.F. Neighborhood Newspaper Association.

## Letters

### Holiday Highs and Crime Lows

On behalf of all the officers at Ingleside Police Station, thank you to the North West Bernal Block Club, Precita Valley Committee, the Bernal Heights Neighborhood Center, Immaculate Conception School, St. Anthony's School and all of our Bernal neighbors for all the food and decorations that were brought to the station on Christmas Eve. Even though some of us had to work and be away from our families, it was nice knowing we could return to the station for a warm, filling meal. I hope this special relationship between Ingleside Station and Bernal Heights community will continue on a harmonious level.

In return, I would like to share good news; in the period ending with December, 1993, the Ingleside District has had an 18% decrease in the crime rate - which is the largest decrease in the City. Ingleside has had at least an 11% decrease in crime monthly since December, 1992, and we recorded a whopping 30% decrease in the month of June! No other station in the City has had a monthly or overall decrease this large. The officers of Ingleside Station will strive to keep those figures low again for the coming year.

- Officer Raymond Gee,  
Bernal Heights  
CPOP Officer

and Mission Streets to buy condoms, we noticed that they were available only if requested them from pharmacist. As this reduced the accessibility of condoms, not only to us, but also to large numbers of young people who are in urgent need of them to prevent both unwanted pregnancies and sexually transmitted diseases, we complained to the store manager. His uninspired defense of this policy was that too many condoms had been stolen, so they had had to be removed.

We are periodically irritated when we go Walgreens stores in other neighborhoods and find that condoms are readily available to any customer. For example, in the Marina District, we found that condoms were prominently displayed, as they should be during this public health epidemic. We wonder why Walgreens has such a regressive double standard in our neighborhood. When other stores seem to take the AIDS epidemic seriously. Do the customers of the Mission and Bernal Heights not deserve the same accessibility to life-saving contraceptives as those in the Marina District? We are sure it is possible to devise a more secure, but very visible and accessible place for condoms.

- Jeffrey Goldthorpe  
and Diana Rossi  
Prospect Avenue



### Condom Sense

When went to our local Walgreens at the corner of 30th

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## New Bernal Journal

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Participate in the future of Bernal Heights!

## Come to the Annual Bernal Heights Community Congress!



Bernal Heights Neighborhood Center  
515 Cortland Avenue  
Saturday, March 12, 1994 • 9-2pm

For more information call: 206-2140

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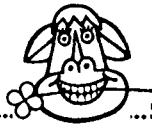
### Poultry

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Natural Chicken Breasts .. \$2.39 lb.  
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Nonfat Yogurt..... 59¢  
all flavors - reg 75¢



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- 28 oz. - reg 4.99

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- 28 oz. - reg 4.99

Diced Tomatoes ..... 99¢  
16 oz. - reg 1.25

Sliced Tomatoes ..... 69¢  
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Supernatural ..... \$1.89 lb.  
swtnd w/ honey & brown rice syrup  
with almonds & cashews  
- reg 2.35 lb.

Oregon Blueberry ..... \$1.79 lb.  
swtnd w/ honey  
- reg 2.15 lb.

Fat Free  
Cinnamon Raisin ..... \$1.39 lb.  
swtnd w/ unsulphered molasses powder  
- reg 1.99 lb.

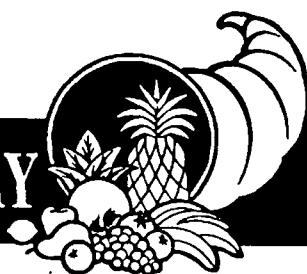
**Breadshop's**  
NATURAL FOODS

### Non-Foods

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or Conditioner ..... \$2.79  
18 oz. - reg 3.89/4.39

Ecover  
Ultra Concentrated Laundry  
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3 lbs. - reg 6.99

*The*  
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## South Bernal

- cont'd. from page 1...

Moultrie street (400-800 blocks) met at the Bernal Heights Neighborhood Center (BHNC) to discuss crime. Mauricio Vela, center director of BHNC, ran the meeting and, in response to the neighbors' concerns, scheduled another for November 4, with Capt. Harlan Wilson, our police precinct captain.

• **Nov. 4:** Many complaints were made to Capt. Wilson about the crime, the lack of police presence and poor response from the police when crimes were reported. One particular concern was the apparent disappearance of our Community Police on Patrol (CPOP) officer. Many believed that the reassigning of the foot patrolman to car patrol was responsible for dealers believing they could operate safely on our streets. A representative from the Department of Parks and Recreation, also present at this meeting, heard requests for better lighting at the Bernal Playground.

• **Nov. 18:** In response to a shooting incident on November 16, an emergency meeting was held. A chronology of the recent crime activity was compiled. The area "hot spots" were identified and first steps of a plan of action were decided upon: Arrange to bring Project Safe in to help us organize neighborhood watch groups, get the BHNC's "Youth Outreach to Youth" group involved, take our concern about crime and Capt. Wilson lack of response to the Police Commission.

• **Dec. 8:** About forty residents of south Bernal attended the Police Commission hearing. Ten

testified. The commissioners promised immediate attention to our problems and a written response in thirty days. Two days later, we were contacted by Police Chief Tony Ribera asking to meet with representatives of our group.

• **Dec. 13:** Representatives from Moultrie Street Neighbors, the BHNC, Northwest Bernal Block Club, Cortland Avenue Merchants and Precita Valley Committee, met with Ribera, Deputy Chief Tom Petrini, Comdr. Dennis Martel and Capt. Wilson at the Police Academy. Ribera promised an immediate increase in patrols, bringing our foot patrol officer back into the neighborhood full time and per-

lights for the Bernal Playground have been scheduled for installation.

We've taken the first steps toward making our homes safer. You can help by attending neighborhood meetings.

There are many more steps to take:

- Note and report license plate numbers of dealers and buyers.
- Note day and times of drug activity.
- Let your CPOP officer know of specific houses where drug activity are centered.
- If you know of young people at risk for gang recruitment, contact the Tori Eva at the BHNC's Gang Prevention Program at 206-2179.

### Safer Neighborhoods

- Note license numbers for drug dealers, buyers
- Note days and times of drug activity
- Tell your CPOP officer where dealing is taking place

#### Who to Call:

- Community police officers Howard Weathersby and Raymond Gee at the CPOP hotline: 333-3433
- Tori Eva, BHNC Gang Prevention Program, 206-2179

manently assigning new officers to Bernal from the graduating class of officers. He is to meet with us again Feb. 3.

• **Jan. 6:** Residents meeting at the Neighborhood Center noted more patrols and less drug activity since Dec. 13. They concluded that keeping up the pressure on the police, and, therefore, on the dealers and gangs, is very important. The residents resolved to contact as many people as possible residing in south Bernal to help keep the momentum going and to pass the word that something is being done.

It was also reported that new

Bernal Height's CPOP officers are Howard Weathersby and Raymond Gee. To leave messages, call 333-3433. The more information that we can provide for the police, the more effective they can be.

You can bring information about crime activity to the South Bernal Neighbors Committee meeting. Contact the BHNC, 206-2140 for the next meeting date.

The solution to this problem is to not tolerate it. No one of us can do much, but together, we can form a force much stronger than the few punks polluting our streets.

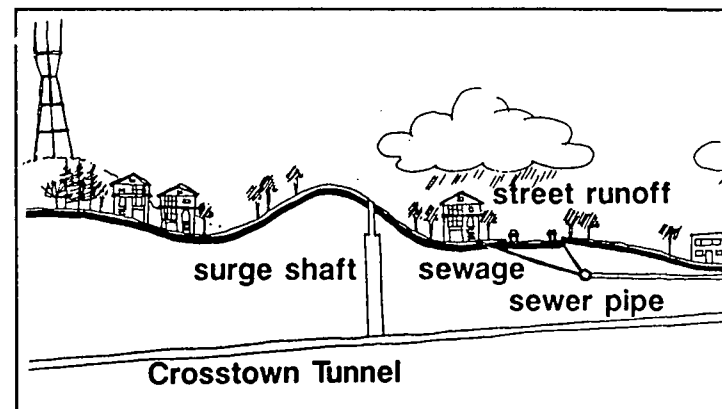
## Is Bernal Getting the Shaft?

By Beth Abrams

On Feb. 10 at 7:00 p.m., a meeting will be held at the Neighborhood Center at 515 Cortland Ave. for Bernal Heights residents who oppose the construction of a surge shaft at the top of Bernal Hill. The surge shaft is part of a

bors to sign them. Signed petitions should be brought to the Feb. 10th meeting, where other plans for action opposing the proposed sewer and shaft will be discussed.

Opposition is based on ecological, economic, esthetic, political



Sketch of the proposed Crosstown Tunnel for the Bernal hilltop

proposed cross-town sewer tunnel being considered by the S.F. Department of Public Works. The tunnel and shaft would involve extensive drilling and blasting under the hill. It would be 400 feet deep and release sewer gases through the top of the Hill. Many residents are concerned about this affecting Bernal's seismic stability.

Petitions against the tunnel and surge shaft and information sheets are available in the Neighborhood Center's lobby (across from the Bernal Library). It is very important that all who oppose the tunnel and surge shaft pick up petitions and info sheets and get their neigh-

and moral objections, as well as concerns about health, violation of Bernal's open space and seismic stability. Anyone with questions about this meeting may call Beth Abrams at 282-6177.

### Sewer Shaft Meeting

#### When:

7 p.m., Thurs., Feb. 10,

#### Where:

Neighborhood Center, 515 Cortland Ave.

#### Call:

Beth Abrams at 282-6177.

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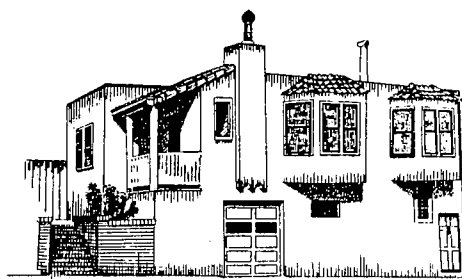
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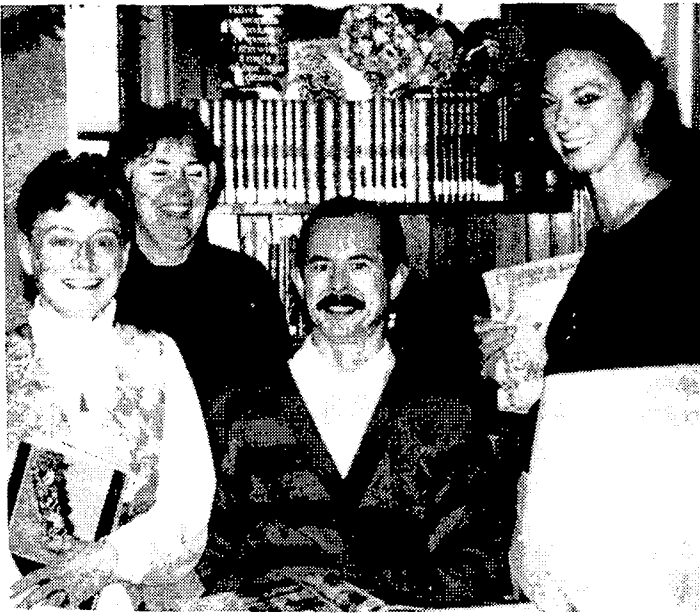
# New beginnings at the Bernal Library

By Lisa Kaborycha

The new year started off with a bang at the Bernal Branch Library when a new head librarian was appointed and Dorothy Coakley returned as children's

children's librarian, and before that from the peninsula's award-winning Redwood City Branch. His Spanish bi-lingual abilities make him an excellent choice for our community.

After many months of activism



The Bernal Library staff is ready to serve you! Carol O'Quin, Technician, Dorothy Coakley, Children's Librarian, Valentin Porras, Branch Head and Sylvie Woog, Page.

librarian.

Valentin Porras, who replaced Jean Heverly as head librarian, is excited about the new partnership with Bernal, "I'm feeling very much at home here. I love the community. I love the people. So many people have come to me and introduced themselves, it's been a very positive experience. I'm looking forward to working together with the staff and the community as a team."

Porras comes to us from the Bayview Branch, where he was

by the undaunted members of the Bernal Library Committee and the Bernal Heights Neighborhood Center, Dorothy Coakley is once again working here as children's librarian. Many thanks to everyone who put their time and effort into having her returned.

The library grounds received a facelift thanks to Matt Maganfay and Mike Morlin of Recreation and Parks Department who provided the plants and to community volunteers who pruned and re-planted. We are still in need of

## Save libraries - cont'd. from page 1...

hopes to collect 60,000 signatures by February 22. Calling for a vote to set aside money for libraries, the petition proposes an amendment to the city charter that would establish the Library Preservation Fund supported by the city's property tax.

The amount set aside would be 2 1/2 cents for each \$100 of as-

sesses property value. The Library Preservation Fund could be used only to supplement spending for library services and materials and to operate library facilities. The City would be required to maintain spending for libraries at levels no lower than the amount spent in fiscal year 1992-93.

plants and gardening help. Call Andrea Johnson for more information at 824-8029. Library gardening takes place the third Saturday of every month from 9:00 to 11:00 a.m. Mark your calendar for the next gardening date on February 19th.

The Bernal Heights Library Committee is always looking for new members. We are circulating petitions for the proposed City Charter Amendment which, if passed, would guarantee funding for the 26 branches and the Main Library. To help, contact Ellen Egbert at 824-8925 or Library TNT (The Neighborhoods Together) 985-7456.



Dorothy with the new Chess Club that meets on Fridays at 3:30

## To Help Save Our Libraries

- Sign the petition: 60,000 signatures from Registered voters are needed by February 22 to put measure on ballot.
- Where: petitions available at the Neighborhood Center, 515 Cortland Avenue or call Ellen Egbert at 824-8925.
- Call: Save S.F. Libraries at 563-8696 to help circulate petitions and collect 60,00 signatures.

## GMC award - cont'd. from page 1...

Mission Consortium (GMC) will provide a continuum of services to children and youth of the Inner and Outer Mission at public schools, public housing developments and other locations.

The Bernal Heights Neighborhood Center will hire more Youth Outreach/Gang Prevention Program counselors to work in public housing developments and serve Filipino youth in the Excelsior District. Case management services will be provided at the BHNC and the Precita Valley Community Center.

Enterprise For High School Students' Mission office, on Ocean Ave. & Mission St. will operate full-time with two staff members. They will serve students of Balboa High & James Denman Middle School and the youth who live in the Excelsior and Geneva areas.

Mission Community Legal Defense will provide youth and their families with bilingual legal education, intervention and representation in collaboration with consortium agencies. Emphasis will be placed on crime-prevention.

Additional preschool and after-school child care and recreational slots will be created at the Precita Valley Community Center and the Mission YMCA.

All clients and their families will have access to other services provided by the consortium members such as the Head Start, youth employment/job development and senior citizen services.

Funding resulted from a campaign to educate city hall on the lack of city services in the Outer Mission. Juvenile violations have been on the rise due to a lack of alternatives in the Bernal and Outer Mission area. Between 1987 and 1991, Bernal Heights and the surrounding area accounted for 1,117 or 23% of all juvenile law violations in the City. During August and September of 1993, eight drive-by shootings were reported in the Mission/Outer Mission area.

Since 1989, the BHNC has pushed for the consortium to unite to join the forces of all Outer Mission agencies to better serve the youth of the Bernal/Outer Mission. The BHNC Bernal youth services directory will be expanded and distributed to youth of the area.

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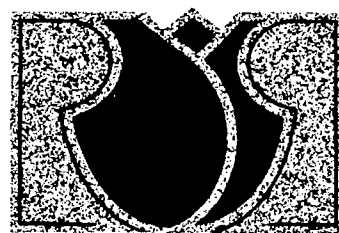


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1615 Cortland Avenue, SF, CA 94110



BHNC Staff. Top: Raul Rodriguez, Ready For Work, Carmen Mendieta, BEST Coord., Jim Wolf BEST, Maurico Vela, Center Director, Helen Helfer, Executive Director, Jeffrey Bachman, Fiscal Manager, Carolee Waidelich, BEST, Jose Fabiani, Fiscal Asst., Jeanne Kellogg, BEST. Bottom: Lorena Achila, MYEEP Coord., Jess Dugan, Office Mgr., Joan Brown, BEST, Clo Dow, NIT-AMP, Nic Griffin, Senior Social Aide, Vicki Victoria, Senior Program Director and NBJ Editor.

## Community Congress

What: Annual community meeting  
When: Saturday, March 12, 9 a.m. - 2 p.m.  
Where: Neighborhood Center, 515 Cortland Ave.

## House Meetings

What: Informal gatherings of Bernal neighbors  
When: February and March  
Call: Bernal Heights Neighborhood Center, 206-2140

initiating a Ready-for-Work program for youth.

- Bringing the BEST program back to the Neighborhood Center so we can again have a "continuum of care" for older Bernal residents. We developed a new Emergency Meal Program to provide frail and homebound seniors with frozen meals and shelf staples while they are on meal delivery waiting lists or unable to prepare meals for themselves.

- Bringing Dorothy Coakley back to our library.

We can only continue the high level of achievement with your support. If you are a current member, please renew today. You can use the Membership Form this page. If you'd like more information on the Center's work, please give us a call at 206-2140 and we'll gladly send you our latest brochure. See you March 12th!

**Bill Sorro,**  
BHNC Board President,  
**Helen Helfer,**  
Executive Director,  
**Mauricio Vela,**  
Center Director

## Congress

cont'd from page 1...

munity to join working committees to address these concerns, and continue the house meetings throughout the year.

You will also have an opportunity to vote for current and new Board Members at the Congress. Members interested in running

for the Board can pick up an application at the center, or we'll gladly mail you one.

Some of our key accomplishments in the past year include:

- Greatly increasing our services to at-risk youth in Bernal and the Outer Mission through a \$264,000 city grant that will be administered by the Bernal Heights Neighborhood Center.

- Improving police services and the CPOP program in more areas of the community, through working with groups like Moultrie Street Neighbors.

- Supporting tenant organizing in Bernal Dwellings as residents work for a strong voice in the project's future.

- Bringing the city's gang prevention program to Bernal and

## Bernal Heights Neighborhood Center Board and Committee Meetings

Board of Directors, 7:00 p.m., Monday, March 21,  
Fundraising Committee, 6:00 p.m.

Monday, Feb. 21 and Wednesday, March 9

Outreach/Community Organizing Committee, 6:00 p.m.

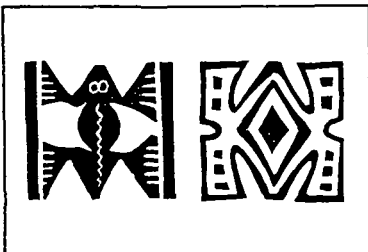
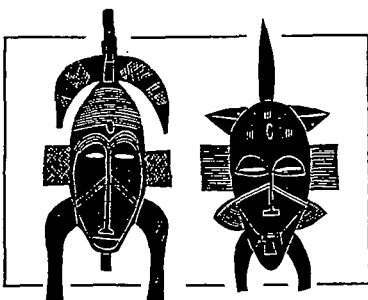
First Tuesdays, March 1 and April 5

Youth Committee, 5:30 p.m., Thursdays, Feb. 10 & March 10

Senior Committee, 1st Mondays, Feb. 7 and March 7

Meetings held at the Neighborhood Center, 515 Cortland Ave.

The Bernal Heights Senior & Youth Programs invite you to our annual



# Soul Food Dinner

In Celebration of  
Black History Month

Friday, 6:00 - 9:00 p.m.  
February 25, 1994

### Tickets:

\$5 Seniors, Youth  
\$10 Adults

All proceeds benefit senior & youth services in Bernal Heights

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our African-American culture

For tickets call: 206-2145



**Bernal Heights Neighborhood Center**  
515 Cortland Avenue, San Francisco



## Join the BHNC!

As a member who lives in Bernal you are eligible to vote for the BHNC Board of Directors at the Annual Community Congress, receive newsletters and meeting notices, participate in our services and activities, and have a say in shaping the future of Bernal Heights!

**My annual membership dues are enclosed. I subscribe to the mission and goals of the Bernal Heights Neighborhood Center.**

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street address \_\_\_\_\_ apt. # \_\_\_\_\_

city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_

phone \_\_\_\_\_ race/ethnicity (optional) \_\_\_\_\_

date \_\_\_\_\_

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( ) Regular \$15 ( ) Senior (over 60 yrs.) \$5  
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( ) Business/Organization \$20  
( ) Sustainer \$50 - 100  
( ) new membership ( ) renewal

### I am interested in working on:

( ) Youth jobs/outreach ( ) Community organizing  
( ) Senior program ( ) New Bernal Journal  
( ) Membership ( ) Fundraising/events  
( ) Other \_\_\_\_\_  
( ) I am interested in being a BHNC Volunteer.

Please return membership application to :

**Bernal Heights Neighborhood Center**  
515 Cortland Avenue  
San Francisco, CA 94110

## Is there a future for the Bernal Heights Playground?

By Francine Sunfilippo

As a resident of Bernal Heights and a mother of two young children, I am angered by the condition of the Bernal Children's Playground.

I first visited the park two years ago when my daughters were 6 months old. At the time it was littered with broken glass, animal feces, cigarette butts and assorted garbage. Many of the structures were broken and hazardous, and what was useable was marginal. I couldn't believe that this was our community playground. Having no car and two babies to keep entertained I reluctantly returned there again, but after hearing stories of parents finding condoms and hypodermic needles, I stopped making use of the place. Instead I chose to walk to Glen Park.

### Dangerous, non-functional

Each time I walked past the Bernal Library I grieved the fact that this was our community playground. Dangerous, non-functional and dismal when it could be a community meeting place: a place to escape the isolation of motherhood and establish friendships and support. A place for our children to play and grow together and develop friendships.

Today, I am still walking past

the Bernal Playground. I now take my children to Coleridge Park or Precita Park. I have stopped in, in the hopes that things have improved - but in fact they have gotten worse! Some of the structures have been partially torn down, leaving what remains looming - an accident waiting to happen. Most of the swings are gone and the wooden structures are so weathered that splinters are common. There is still broken glass in the sand.

### It's up to the community

So, is there a future for the Bernal Playground? Well, that's up to us, the community. It's up to the moms, dads, nurseries, schools, church schools, and youth who use the facility to tell our community leaders and city officials that we want something done. For the safety and benefit of our children, we have a responsibility to take action. I, for one, am tired of trekking all over town when four blocks from my home is a potentially wonderful playground.

### Bernal Playground

What:

Renovate the Structures

Call:

Bernal Library - 695-5160

BHNC - 206-2140

## Bernal families concerned about Bernal Playground's play structure

By Mauricio Vela, BHNC  
Community Organizer

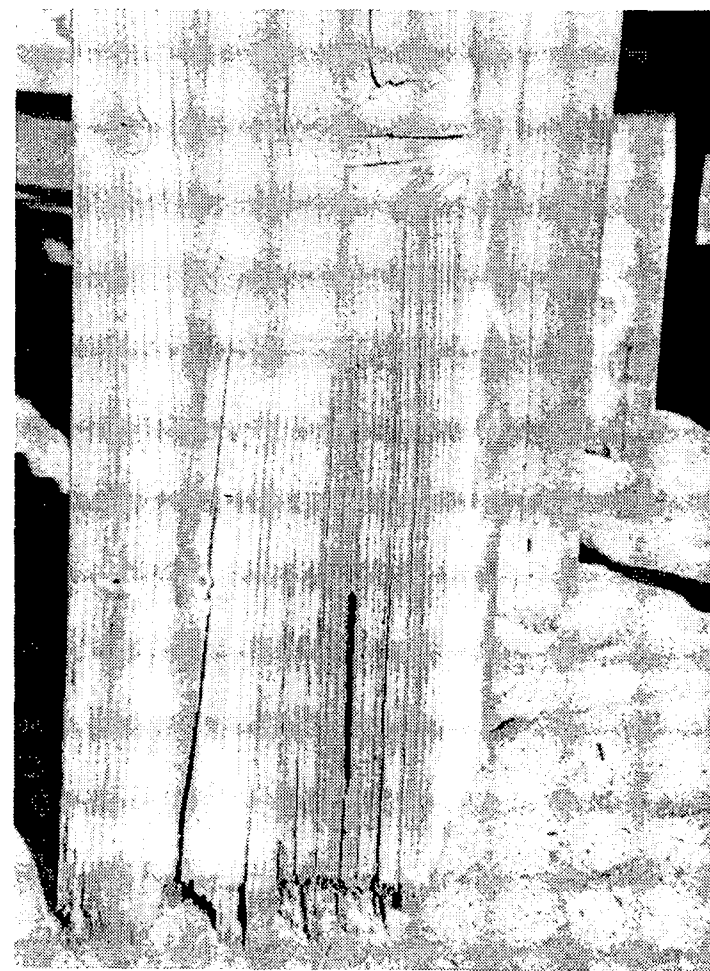
In September, a group of Bernal residents submitted a proposal to the Recreation and Park Department's Open Space Advisory Committee to renovate the play structure in the Bernal Playground. But any funding allocated would not be available until the '94-'95 fiscal year at the earliest. However, the play structure has deteriorated much faster rate than any of the neighbors had ever imagine. Many of the neighbors now consider it a hazard, and Recreation and Park staff have taped it off.

The problem is that many children who ignore the warning tape and continue to play on it. Parents needing a close place to let their children play continue to let them use it. As many as five pre-schools use the structure during the week.

### Improvement campaign

Parents and neighbors have begun a campaign to have the Recreation & Park Department repair or replace the structure immediately. Initially, the department suggested the costly repair could not be done and the structure could be removed without replacement.

This is unacceptable to both the community and some Recreation



The rotted wood play structures of the Bernal Playground creates hazardous conditions for the community's children. The city's recreation & Park Department's immediate response was to tape off the structure in an attempt to discourage its use.

& Park staff, who understand the amount of community struggle that has gone into making the Bernal Playground a safe and drug-free facility.

Then ideas being suggested are as follows:

- Repair the structure until Open Space money can be set aside to pay for a new structure
- Move the play structure from Howard Langton Mini-Park temporarily until funds are available for a new structure. This option would require the city to meet all new codes, which could be very expensive and time consuming.

Both the community and Recreation & Park staff are leaning toward the first because it would be quicker and easier to accomplish with community support. Park planner Deborah Learner and Assistant Superintendent Mike Morlan have committed to finding a quick resolution to this potentially dangerous situation.

### Community support needed

Community support will be needed when the new play structure comes before the Open Space Committee this month.

Recreation & Park staff have recommended \$100,000 for the estimated \$300,000 project. At this rate the renovation would not be complete until 1998 or 1999. Community support is essential.

In other Open Space news, during December the committee provided \$50,000 to buy the sixth of six lots situated between Brewster and Franconia streets. The committee supported the

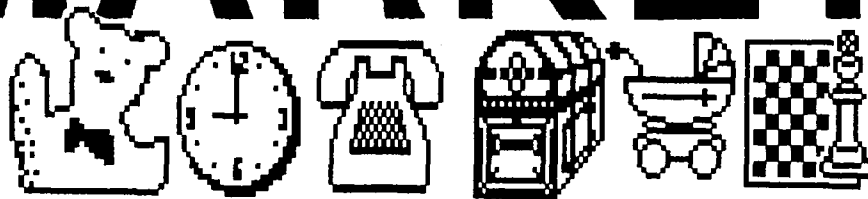
community's request because of the street widening project taking place on the Brewster St.

On Jan. 4, the committee approved \$365,000 but then cut it to \$305,000 at the next meeting when it was found that money had been allotted previously for the purchase of four lots on Bonview St. near Stoneman. These lots were the last four privately owned lots on the Bernal Park slope that had been designated open space years ago. The committee supported the community's request for fear of losing the lots to a developer.

On Jan. 11, the Open Space Committee set aside \$50,000 for further work on the west end of Precita Park renovation. The estimated total cost for the project is \$340,000. Precita Valley Committee members thanked the committee for work recently completed on the east end of the park.

Call 206-2140 for updates on the Bernal Playground. Get involved. The Bernal children, youth, and families need your support.

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# Racism and the SF Police Department

By Raul Rodriguez

At 8:00 p.m. Dec. 6, my friends Carlos and his brother Saladin, who are both African-American, and I, a Latino, went to UPS on 17th Street to pick up a clothing shipment for Carlos. After picking up the box, we walked over to Carlos' car to put the box in the trunk and divided the clothing between Carlos and Saladin.

A security person from UPS asked us in a suspicious tone what we were doing there. Carlos explained that we'd just come out of UPS and were dividing clothing that he had ordered. Carlos asked the security guard, "Is this how you treat your customers? I've been using UPS as a carrier for the last six months." Soon another security guard approached and started flashing his flashlight around the cars and in my face. He asked his partner, "Are these guys on the up and up?" The first security guard seemed to think everything was ok, but we heard the second one insist on calling the cops as they walked away. They never asked us to leave or to finish our business elsewhere.

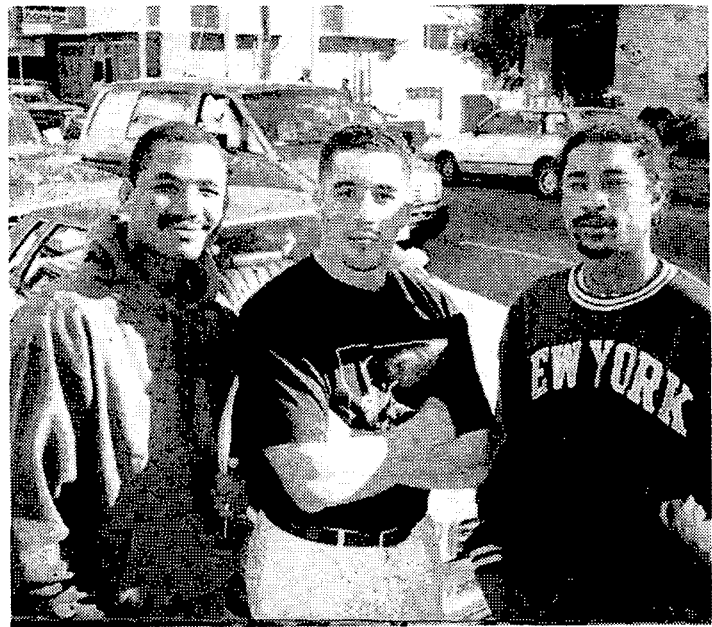
Within five minutes about six or seven police cars and a paddy wagon arrived. We were in Saladin's car talking when two bright lights were shone in our eyes. I got out of the car to explain to an officer about the misunderstanding as one of them, Officer Michael Serujo, Badge #1825, shouted "Get in your f---ing car." He had a gun pointing at me. I got back in my car with my hands shown over my head saying, "Officer, we can explain what's going on." Serujo told me to keep my mouth shut or he'd shoot. I was so nervous that I started giggling. The officer pulled the trigger hammer back on the gun and approached me closer saying that if I didn't stop laughing, he was going to put a bullet in me. I was petrified and thought he was a trigger happy cop.

Serujo then told me to get out of the car, but Carlos thought the officer was also talking to him and started to get out of the car, too. The cop then drew even closer and told Carlos to get back in the car and said, "Or I swear to God I'll shoot you." Serujo told me to again get out of the car with my hands in the air and kneel down. At that time I noticed that all seven or eight officers had their guns pulled on me. They then made me lay face down with my hands out to my sides.

Realizing that the misunderstanding had gotten out of hand, I began shouting to the officers "Check with Carlos to see the UPS receipt - we just picked this order up from UPS." There was no response. Another officer came and put handcuffs on me. I looked back to the car and saw that Carlos and Saladin were also being handcuffed. Carlos again began saying loudly, "Is this how you treat UPS customers?" None of the cops or UPS security guards listened, asked for our identifica-

tion or our receipt, or investigated what truly was going on.

Carlos and Saladin were put in separate squad cars while the officers kept me on the ground. Carlos and Saladin then overheard that one of the UPS security guards had called the police and



Carlos, Raul and Saladin found that racism is alive and thriving in the SF Police Department.

reported that we were flashing guns, which needless to say was so untrue. They then pushed me over to a separate squad car. I watched the group of cops talking, munching food, and investigating Carlos' and Saladin's cars. The UPS guards stood there laughing and making a joke about the whole incident.

Serujo came over to the patrol car that I sat in and he shouted, "Get the f---k out." I again tried to reason, "Officer, you're making a big mistake. You are overdoing it. We didn't do anything. Why didn't you investigate us and to find out what was really going on? You just assumed we were criminals."

He pulled me away from the car and pushed me back into it bending my fingers back and causing extreme pain. He said, "Shut up or I'll break your fingers." The officer also threatened to take me somewhere and beat me up where no witnesses could see. "Are you going to shut up? Are you going to shut up?" I was forced to just nod "yes." Serujo said, "I'm sick and tired of you young punks telling me how to do my job." While he continued to bend my fingers, he then made me spread my legs and searched me. He grabbed me hard between my legs and pulled me with his hand, causing me to crouch over in pain while he continued to bend back my fingers.

We were then pushed into the paddywagon and taken to the Mission Street Station and for questioning. At 3:30 a.m. we were taken to 850 Bryant St. I was processed, had my fingerprints and picture taken, and asked more questions. Every person I talked with at 850 Bryant expressed surprise at the charges of penal code, 148 delaying an investigation. An Officer even asked,

"What does that mean?" I was shocked that they didn't know what it meant.

The next morning Carlos went to UPS to get the names of the security guards and find out why they had called the police on us. When he showed his shipping receipts and then complained to a UPS customer service representative about the incident, they responded that it was no longer a customer service issue and that UPS would wait to hear from Carlos from a legal standpoint.

In early January Carlos, Saladin and I received notices in the mail that the charges against us had been dropped.

Raul Rodriguez is the Youth Job Developer and Ready-for-Work Coordinator for the BHNC and lives in the community.

## Commentary

When we first heard Raul's accounting of this horrific night, we were appalled, quickly realizing, however, that this is most likely "business as usual" within the SF Police Department since none of the officers or the captain appeared to consider their actions unusual.

Why are we so quick to accuse? Because not one of the officers, particularly Officer Serujo, followed proper police procedures

*"Racism is alive and well in one of the most important institutions in our city, the Police Department."*

that night. Had they done so, none of the subsequent events would have happened. Because not one of the cops, stupidly pointing their guns at Raul, Carlos, and Saladin, questioned why they were there. They weren't thinking, but acting on impulses long learned and internalized... "Three young adult men of color - GUILTY - GUILTY - GUILTY."

What does this incident say about our city, one of the "most sophisticated and culturally diverse" in the country?

Racism is alive and well in one of the most important institutions in our city, the Police Department...that young men of color who are going about their business continue to be threatened on a daily basis because they are young men of color.

Police need to see themselves as part of the community, and not as outsiders who believe they are not accountable for their actions. We must work together - neighbors and police - for better jobs, education, and a better future for our youth.

Please let us know your thinking on these critical issues by writing or calling the Bernal Heights Neighborhood Center, 515 Cortland Ave., 206-2140.

We also urge you to express your reactions and recommendations by contacting:

- SF Police Dept.'s Chief of Police, 553-1551
- Mission Police Station, 553-1544
- UPS, 952-5200

- By Bill Sorro, President, BHNC Board of Directors  
Helen Helfer, BHNC Executive Director

# Goose

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**NICCO'S  
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# Youth!

## Working Together For Our Future

By Clo Dow  
NIT-AMP Community  
Organizer, BHNC

The Bernal Heights Children, Youth and Families Coalition, a group dedicated to serving the diverse population of the neighborhood, was formed in the past year by residents and service organizations. It hopes to:

- Affect public policy in our neighborhood.
- Help prevent alcohol and other drug abuse.
- Stimulate economic justice.
- Prevent violence.
- Maximize family and youth participation.
- Promote high-quality education.
- Celebrate the diverse cultures of our community.

In addition, the coalition strives to build alliances within Bernal Heights and other communities.

### Needs-assessment survey

A major accomplishment for the coalition was a needs-assessment survey. During April and June, 1993, coalition members surveyed youth, seniors, parents, service providers, merchants,

neighborhood.

The goal of the survey was to determine how the neighborhood could assist in eliminating factors associated with drugs and alcohol abuse. The survey was also conducted as a tool to find solutions for identified by community members.

### Neighborhood meetings

So, you may ask, a survey has been done? So what. What next? The answer is, plenty. Coalition members are gearing up to take their show on the road. From February through March, coalition members will be attending neighborhood meetings and presenting them to people who filled out the survey and to those who did not. This will allow people to talk about problems and realistic solutions.

No progress can occur in our community if we do not work together. You can take that first step by saying, "Yes, I can and will make a difference." Now, take action, get involved. Attend one of the community meetings and give us your input. If you would like the coalition to give a



Concerned neighbors and organizations participate in the Bernal Heights Children, Youth and Families Coalition which addresses the concerns of their community.

volunteers and residents.

They asked questions such as: How would you rate your neighborhood as a place to live; What kinds of neighborhood problems affect you; How can services in your neighborhood be improved; What strategies would work to reduce alcohol and other drug abuse, and what, if anything, can be done about alcohol and other drug abuse problems in the

presentation at your next group meeting, or if you would like to find out more about the Bernal Heights Children, Youth and Families Coalition, contact Clo at the Bernal Heights Neighborhood Center, 206-2140.

Remember, working together makes a difference. •

Clo Dow is the NIT-AMP Community Organizer for the BHNC.

## Bernal Heights Children, Youth and Families Coalition

### Goals:

- Affect public policy in our neighborhood.
- Help prevent alcohol and other drug abuse.
- Stimulate economic justice.
- Prevent violence.
- Maximize family and youth participation.
- Promote high-quality education.
- Celebrate the diverse cultures of our community.

When: Meetings every third Tuesday at 7 p.m.

Where: Neighborhood Center, 515 Cortland Ave.

Call: Clo Dow, BHNC, 206-2140

## Toy Give-A-Way for Bernal children brings joy

By Jess Dugan, BHNC

On December 16th, over 650 children from Bernal Heights and the Outer Mission came to the Bernal Heights Neighborhood Center to receive toys and have a visit with Santa. We would like to thank all of the generous neighbors and merchants whose contributions made this event possible, as well as the youth



Hundreds of children from low income families in Bernal Heights received toys during the BHNC's annual Toy Give-A-way.

and senior volunteers who wrapped and distributed gifts. It is events such as these that re-

flect the spirit of community and giving that we strive for and are proud to be a part of.



Youth Program participants wrapped and distributed over 700 toys at the Neighborhood Center in December.

### • THANK YOU! •

Lorena Archila,  
Frank DeRosa  
San Francisco 49ers  
Robert Auerbach  
Oshana Gicci  
San Francisco Giants  
Brown Bear Realty  
Tiki Hadley  
St. Anthony's Church  
Lydia Beltran  
Kindertoys  
St. Kevin's Church  
Eric Bergstrom  
Lewis Galoob Toys  
Space Clusters  
Bebe Castaing  
Nico's Cafe  
Walgreens 30th/Mission  
Canned Foods  
Precita Valley Cmt.  
BHNC Youth & Seniors  
Comics & Comix  
Progress Foundation  
BHNC Staff  
Costco San Francisco  
Employees Chapter 535  
Officer Weathersby  
Malik Rahiim  
Carmen Morales

## How To Make A Quilt Out Of T-Shirts.

The American folk art of quilting continues. In homes across the United States, families and friends have adopted quilting as a way to remember those they have lost to AIDS. You can help maintain and display the AIDS Memorial Quilt by ordering one of these beautiful, full color T-Shirts. Each design is printed on 100% heavy weight cotton. T-Shirts are available in Medium, Large, and XLarge for \$15 and XXLarge for \$20 (plus \$5 shipping). Help make a difference.

1(800)USA-NAME



## Employ a youth, invest in the future!

The Bernal Heights Neighborhood Center's Ready for Work Program provides teenage youth with the opportunity to explore career possibilities and make informed career decisions. As an employer, you can help guide a youth in the right direction by offering employment or internships in your business or trade.

Through career counseling, mentoring, internships, and workshops, Ready for Work helps youth to focus on the transition from school to trade or non-traditional employment.

Join the Ready for Work Program by helping youth to realize and utilize their full educational, employment and career potential by offering hands on job and skill experience in your business or organization. Call Raul Rodriguez at Ready for Work, 206-2140. •

## Seniors!

### Christmas cable car lifts holiday spirits

Elders in Bernal Heights were treated to a very special holiday greeting from the Bernal Elder Support Team (BEST) on Dec. 15 and 16. A motorized cable car filled with carollers young and old from BEST and the Neighborhood Center climbed the hills of Bernal, bringing joy where ever it went.

The cable car would stop in front of the home of a frail or homebound elder and explode in a festive chorus of Christmas carols. Faces of the elders, as well as their surrounding neighbors, lit up with joy to see and hear such a wonderful sight.

The cable car carolling was made possible through an anonymous donor, who paid for two nights rental of the decked out vehicle, as well as the beautiful pointsettias and yummy candies that were given as gifts to the elders. This generous donor has made many donations in the past to BEST to help them bring joy to the elders in the community.

BEST works to assist at-risk and frail elders in Bernal Heights, with funding from the Bay Area Independent Elder's Program.



Edwin and Julia Chantree are overjoyed and surprised to see a cable car full of carollers visiting their home on Moultrie Street.



As the motorized cable car maneuvered through the hills of Bernal, many neighbors peered out of their windows and waved to the spirited carollers.

### Free prescription drugs for seniors in need

By Vicki Victoria

Taking prescription medications is a matter of life and death for many senior citizens. Yet, the sad truth is that many older Americans can not afford the medications that they need to take each and every day. In our country today, millions of seniors are having to make the unfortunate choice between buying food and paying for their drugs. Help, however, may be only a phone call away.

Many prescription drug manufacturers make their medications available free-of-charge to patients that do not have the means to pay for them. The United States Senate's Special Committee on Aging has put together a Directory of Pharmaceutical Manufacturers Program which lists laboratories and companies who provide free medications for patients who are unable to pay for them.

Certain eligibility may apply, depending on which drug a patient is interested in and what quantities are needed. Talk to your doctor about this special program if you think you may be eligible.

You may also call the Bernal Heights Senior Program at 206-2145 and their staff can help you identify whether or not your prescription drug is included in the program's directory. •

### Bernal Heights Senior Program,

515 Cortland Avenue, 206-2142

#### • Lunch Menu •

2/7 Ham w/Blk.Eye Peas	2/14 Roast Beef Au Jus	2/21 Holiday
2/8 Turkey & Gravy	2/15 Teriyaki Chicken	2/22 Breaded Fish
2/9 Chicken Cacciatore	2/16 Tuna Fish Casserole	2/23 Turkey & Gravy
2/10 Beef Chow Mein	2/17 Beef Burgundy	2/24 Chicken Fajitas
2/11 Paella	2/18 Fish Veracruz	2/25 Spinach Lasagna

Served Monday - Friday, 12:00 noon. \$1.25 sugg. senior (60+) donation

### Tax counseling for seniors

The Volunteer Tax Assistance Program is once again offering free tax form preparation at various sites throughout San Francisco.

The San Francisco Commission on the Aging's Senior Information and Referral Program can direct senior citizens to sites near their homes where tax forms can be prepared. For locations, call 626-1033

### Free prescription drugs for seniors

**What:** Free medication from drug manufacturers

**How:** Consult your doctor regarding eligibility and submission of request

**Call:** Bernal Heights Senior Program, 206-2145 to find out if your medication is listed in the program's directory of manufacturers.

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# Living on the Hill

## Bernal Hilltop Natural History

### A Beautiful Blue-Flowered Spring Bulb

by Barbara M. Pitschel

If you are lucky, maybe you will spot one of our most striking early wildflowers as it blooms from February through April on Bernal. The blue flowers of *Dichelostemma capitatum* reach their peak in our area in March. Small populations occur along the south side of the hilltop, and the species often makes a good showing, despite the smothering weedy grasses below Bernal Heights Boulevard above Bocana Street, a site that is also home to our best population of the native melic grass *Melica californica*.

The plant has been considered part of the family *Amaryllidaceae*, but this is now believed to be included in the *Liliaceae*. *Dichelostemma capitatum* is distinctive as the only species of the genus that has six fertile stamens. Other have three fertile and three sterile stamens, although this feature might not be too easy for the untrained eye to distinguish.

Although they are commonly referred to as bulbous plants, they actually develop from small, scaly-coated corms which are short bulblike underground stems, as distinguished from bulbs, which are composed of leaf, not stem, tissue.

Plants are extremely variable in size, flower color, flower shape. Leaves, perhaps a foot long, appear and fade early. Stems from 4 inches to 2 feet tall, tending toward the miniature on Bernal bear blue, occasionally pinkish or white, flower clustered in heads.

The species tolerates a broad variety of habitats. It is widely distributed in the western states, from forests to deserts, from sea level to 7,000 feet. It can grow in soils of sand, clay, shale, serpentine, or volcanic lava acidic to alkaline. In the microcosm that is San Francisco it has also been reported in a wide variety of places, although its continued existence here is constantly threatened.

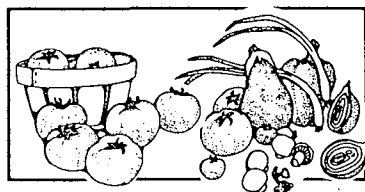
If you would like to see this lovely plant and other wildflower species and to preserve and enhance their habitat, join Bernal Hilltop Native Grassland Restoration work parties at 11:00 a.m. on the third Sunday of each month. Call me at 282-5066 for details



## Join the Good Prospect Garden

Let's get gardening! Two garden plots are available at the Good Prospect Garden, a lovely community garden located between Prospect and Santa Marina Streets on the west side of Bernal Heights. Neighbors each maintain their own plot, enhancing the community while gaining satisfaction of growing beautiful flowers to admire or delicious vegetables and herbs

to harvest. A list of interested gardeners will be established for those who don't obtain plots at this time. Prepare now for beautiful summer blooms and harvests! For more information call 826-0461.



## News for state tax filers

By Jim Reber, California Franchise Tax Board

### • Married Filers

For the first time many couples can file the 540EZ form. The basic requirements for filing this form is that income be from wages or salaries, be less than \$50,000 with no itemized deductions, and no dependents. The form was only available to single filers last year. It is designed to simplify the filing process and reduce errors.

### • No Renters Tax Credits

Approximately four million renters will not be able to claim the Renters Tax Credit for the first time this year. Legislation suspended the credit for 1993 and 1994 to save the state an estimated \$400 million each year.

### • No Child Care Credits

The law providing Child Care Credit was only in effect through the 1992 tax year.

### • Toll Free Answer Line

Taxes can often be confusing and even intimidating to many. To assist taxpayers the FTB has an automated toll-free telephone assistance system called F.A.S.T. (Fast Answers about State Taxes). F.A.S.T. provides answers to the most commonly asked state tax questions, or can be used to check on a refund or order tax forms. Call 1-800-338-0505.

## Tax Changes for 1993

By Susan M. Scott, Calif. Registered Tax Practitioner

### • Self-Employed Individuals

Equipment costing up to \$17,500 and used in a job or business may be deducted in full from your income. Self-employed individuals may deduct their health insurance. Home office rent may be deducted only if you work in that office most of the time (i.e. - actually earn most of you income working in that room).

### • IRA Deductions

IRA contributions deposited before April 15, 1994 may be deducted on your 1993 income taxes. See our Bernal Branch BofA to open an IRA account!

### Tax Changes for 1994:

#### • Travel and Moving

Business and travel meals will only be 50 percent deductible instead of 80%. Moves due to business and over 50 miles will be directly deductible from your income.

#### • Charitable Donations

You will need a receipt for charity donations over \$250.

#### • Earned Income Credit

The "Earned Income Credit" will be expanded to include low income individuals, over 25 years, without children.

Please keep in mind that Congress still has one year to change these 1994 rules!

Bernal resident Susan M. Scott is a California Registered Tax Practitioner, 824-1799.

## ATTENTION ALL PEOPLE WHO HAVE A SPINE!

Dreams Down Duvets & Bed Linens has the Largest Selection of "Back Supporter" Mattresses In Stock in San Francisco



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### Special of the Month "INTERLUDE" Iron Bed

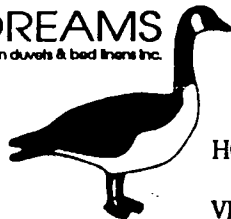
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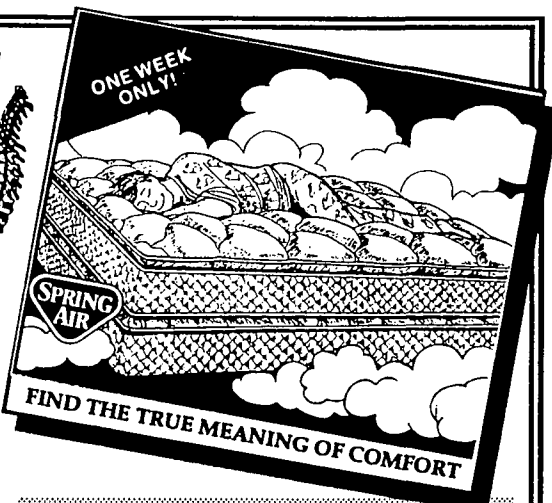


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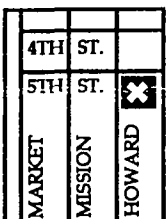
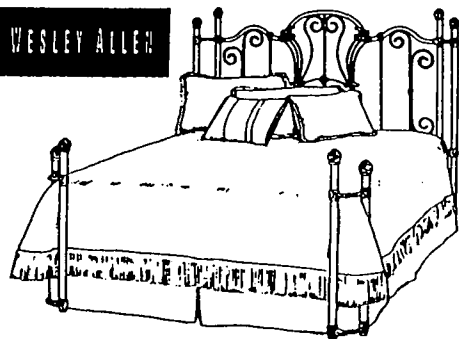
**\$399 normally \$800**

Cal King Set \$499 ..... \$1100

Full Set \$349 ..... \$700

Twin Set \$299 ..... \$600

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## Cooperativa

Cont'd. from page 1...

butcher's shop. But other than that, there was nothing interesting to hold you there. Now there are so many wonderful shops - it's very welcoming and attractive." Moncada hopes that Cooperativa will add to the unique-

Cooperativa is bringing these people into Bernal Heights and also proud to show off his neighborhood. "One of my friends is a professor at Stanford," explains Moncada, "He has close friends at the top of the hill whom he often visits - but he's never ever been down on Cortland Avenue until I invited him to our store." Moncada says that when his friends



David Gonzalez gives an ordinary clay pot a lively finish by painting it with traditional Mexican motifs and modern colors.

ness of Cortland while helping the artisans who created the pieces.

"Artists who immigrate here and will often have to take the first job available to them in order to pay the rent. Unfortunately, the practice of their art suffers because most of their time and energy becomes devoted to having to make a basic living," explains Moncada. "We hope to preserve the talents of these immigrants and allow them to gain artistic independence by selling work at Cooperativa."

Moncada's partner, David Gonzalez, who immigrated from Guadalajara, Mexico, a year ago, is an example of this type of immigrant artist. "The idea of Cooperativa started out as just a whim," says Moncada, "But as time went on, we started talking more and more seriously about it. The idea became more exciting and David also needed a source of income to stay here. So we decided to go for it!"

Gonzalez explores his creative talent by apprenticing with other artists and researching many books. The beautiful handmade paper cards and wall hangings showcases his eye for beauty with recycled and found objects such as leaves, twigs, flowers and string. Displaying one of his handmade cards he explains, "I use our junkmail to make the paper. We get a lot of junk mail!"

As a psychiatric counselor, Moncada has formed a wide network of professionals and friends within the agencies he associates with. He is proud that

and associates visit Cooperativa, they also walk along Cortland and are impressed and enchanted by the small town feeling.

This good neighborhood feeling excites Moncada. "We want Cooperativa to also be educational for the community. We want the community to be able to meet and get together with the artists. Not only will people learn about how a particular piece is made through demonstrations and workshops by artists at Cooperativa, but they will also learn how and why it was made through cultural education and exchange." Moncada and Gonzalez hope to achieve this cultural exchange by attracting artists who design and create arts and crafts that are traditional and symbolic of their cultures.

"Most of the pieces in the store right now are Mexican arts and crafts because that is the art that David and I are most familiar with," says Moncada. "But we are also looking for pieces created by artists from all backgrounds such as African, Filipino and Japanese, too."

Moncada and Gonzalez would like to build a base of about 40 to 50 artisans who will provide their work. "With such a broad base, the store will be fun - and it will always be different every time you come in because we will be consistently rotating the stock in order to highlight the many different artists with the Cooperativa."

- By Vicki Victoria

Cooperativa Popular Teodosia,  
430-A Cortland Avenue,  
San Francisco, 642-9223.

## Free Glaucoma Screening

Glaucoma strikes one in seven people and is the leading cause of adult blindness in this country. Diagnosed at early stages, the progress of glaucoma can be halted.

Health Center #3 at 1525 Silver Ave. will offer free Glaucoma screenings on Feb. 26 from 9:30 a.m. to 2:00 p.m. For reservations call 468-3664. •

## It's never too late to learn

Free Tutorial Classes For Adults

The San Francisco Adult Learning and Tutorial Center, at 31 Gough St., Room 29, has opening in its evening classes and one-to-one tutoring sessions in beginning reading, writing and arithmetic; brush-up spelling, grammar and math; preparation for the G.E.D. exam and preparation for apprenticeship examinations. All sessions are free and students may begin classes at any time. Drop in to register, Mondays through Thursdays, from 10:00 a.m. to 7:30 p.m. or call 241-2300 for more information. •

## San Franciscans Pleased With Recycling, Concerned About Toxics

A new study conducted for the San Francisco Recycling Programs shows that 72% of San Francisco recycle on a regular basis. A survey of 600 randomly selected San Francisco residents revealed that the majority of residents are satisfied with San Francisco's recycling program (40% very satisfied and 38% somewhat satisfied). Two-thirds (67%) of respondents say they receive all the information they would like about recycling.

The most-often recycled materials in the City are newspaper (recycled by 94% of participants), glass (89%) and aluminum cans (86%). The least recycled materials are white paper (62%), plastic bottles (68%) and tin or steel cans (69%). More than half of respondents said they were currently able to recycle everything they would like to recycle, although 22% say they would like to be able to recycle plastics, and 2% would like curbside pickup of clothing and used motor oil.

More than half the respondents (54%) said that they had noticed theft of curbside materials (scavenging) in their neighborhoods, but less than one-third

of respondents considered this to be a problem. The biggest problem with scavenging, according to respondents, is that it takes money away from a program that city residents pay for.

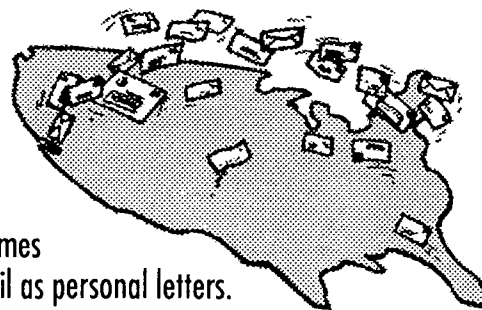
53% of residents say they are buying less toxic products now than they have in the past. Respondents gave protecting the environment as the number one reason for buying less toxic products (55%), followed by health issues (22%) and safety issues (8%).

African-American, Asian and Latino residents are significantly more concerned about the health issues posed by toxic than whites. Sixty-two percent of all residents feels that it is very important that products contain less toxic or hazardous materials (80% felt it very important that an item contain less toxics).

As a follow-up to the market research study the San Francisco Recycling Program will be conducting an intensive outreach campaign in selected neighborhoods to increase participation in curbside and apartment recycling. •

## Recycling... Believe It Or Not!

- Americans were mailed 74,000,000,000 pieces of junk mail last year.
- The average American household receives eight times as many pieces of junk mail as personal letters.
- Only 5 % of junk mail is recycled nationwide.
- Junk mail can be recycled through curbside and apartment recycling collection in San Francisco.




**You can make a difference.  
Recycle Your Junk mail.**



For more information  
about recycling call the  
Recycling Hotline  
at 554-6193

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## Bernal Calendar

• **Sewer Surge Shaft Meeting.** Thursday, Feb. 10, 7:00 p.m. All neighbors who are concerned about the proposed Crosstown Tunnel and Sewer Surge Shaft that runs through the Bernal Hilltop are encouraged to attend this community meeting. Neighborhood Center, 515 Cortland Ave. Call Beth Abrams at 282-6177 for more information.

• **Garage Sale.** Saturdays, Feb. 12 & March 5, 9:00 a.m. - 3:00 p.m. Great stuff at super prices will highlight this benefit for the Little People's Workshop, a child care cooperative at 416 Cortland Ave. Call 648-5156.

• **Black History Month Festival,** Wednesday, Feb. 23, 7:00 p.m. The Bernal Branch Library will host storyteller Bill West as part of the the S.F. Public Library's month long festival (call 557-4277 for city wide locations of related films, lectures, poetry readings and more). All ages are encouraged to attend. Bernal Branch Library, 500 Cortland Avenue, 695-5160.

• **Soul Food Dinner,** Friday, Feb. 25, 6:00 - 9:00 p.m. Celebrate Black History Month with a homecooked Soul Food Dinner. Community entertainment will feature poetry readings, song and dance reflecting on our rich African-American culture. Tickets are \$10/adults, \$5 senior or youth with proceeds benefiting youth and senior services in Bernal. Neighborhood Center, 515 Cortland Ave. Call 206-2145 for reservations.

• **Mission Mural Walks,** Saturdays, Feb. 12, 19 & 26, 1:30 - 3:30 p.m. Walking tours of the Mission District's murals will be lead by a muralist of the Precita Eyes Mural Arts Center which has produced over 200 murals in the area. 348 Precita Ave. near Folsom St. Call 285-2287.

• **Free Health Seminars,** Saturdays, 10:30 a.m. - 12:00 p.m. St. Luke's Hospital is will host free educational seminars for the community this Spring. Upcoming programs are "Menopause" on Feb. 26th ad "Women and Diabetes" on March 12th. For reservations call 821-DOCS (3627).

• **Free Glaucoma Screening,** Saturday, Feb. 26, 9:30 a.m. - 2:00 p.m. These free screenings will help to detect and halt Glaucoma, which strikes every one in seven people. Screenings will take place at Health Center #3, 1525 Silver Ave. Appointments are required and can be made by calling 468-3664.

• **Flea Market,** Saturday, Feb. 26, 10:00 a.m. - 4:00 p.m. Two big halls full of fabulous finds and bountiful bargains. Admission is free. Seller's tables are only \$20 with additional tables only \$10. Benefits St. Kevin's Church. Ellsworth St. off Cortland Ave. Call 648-5751.

• **Community Congress,** Saturday, March 12, 9:00 a.m. - 2:00 p.m. Bernal Heights residents are invited to learn of the accomplishments of the Bernal Heights Neighborhood Center during this annual community meeting. Results of the Center's house meetings will also be addressed and formulated into a community agenda. Board of Directors elections. Child care is available and lunch will be served. Neighborhood Center, 515 Cortland Ave. Call 206-2140.



Baraka Sele, Artistic Director, Center for the Arts, will grace the Feb. 25 Soul Food Dinner with poetry readings.

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## Health Focus

by Jeannette Conley, RN

### Aloe - The Healing Powers

It is used mostly on the skin it has been known to heal burns and skin irritations. Aloe is useful on bug bites and cold sores and dry skin. Aloe has been known through the centuries for its healing powers.

To use the aloe plant, slice it open. Scrape out the middle and apply it on your skin. The gel contains an abundance of sugars, amino acids, enzymes and trace minerals. These assist the skin in repairing itself by helping collagen fibers to regenerate.

The juice or gel can be taken internally to assist the healing of the lining of the digestive tract. I have seen people benefit who have had digestive disorders as well as colon problems right down to hemarhoids. Kidneys and the bladder are also assisted through this cleansing.

Contact Jeanette Conley RN, Emerald Grove, 513 Cortland Avenue, 647-6556, for more info.

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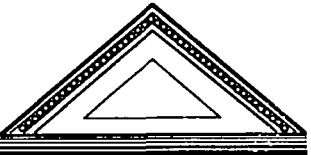
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## Scarred girl benefits from kindness of St. Luke's

By Richard Olive, St. Luke's Hospital

A 12-year-old girl, denied coverage by an insurance company for cleft lip repair underwent the operation at no cost to her family in mid-January as the result of help from St. Luke's Hospital and some of its staff.

The girl is Jackelyn Padilla, daughter of Tatiana and Luis Padilla. The procedure was the second of its kind for Jackelyn, who was 2 months old when it was first done at San Francisco General Hospital. Dr. Edward Falces, a plastic surgeon who performed the operation at St. Luke's Hospital, estimated that 95 percent of the time it is necessary to perform another follow-up procedure due the natural growth of the child.

### Insurance coverage denied

Tatiana Padilla said she tried for more than a year to arrange a second procedure with her insurance company, but did not lose hope. "God knows what He's doing", she said. St. Luke's doctors appealed three times to the family's insurance company, Qual Med Plans, for coverage for the procedure, but was denied on grounds the surgery was cosmetic, Falces said.

"My associates and I spend one month a year—whether in Central America or the Philippines—volunteering our time for this kind of procedure. And in this country a 12-year-old girl doesn't have insurance protection for it," Falces said. "I agree, it's cosmetic, but this is a young girl who would be left with a terrible-looking scar. How would that affect her in this society?"

Falces cited the changing climate of health care, with its strong emphasis on cost controls, as the primary reason for the insurance company's rejection. "Five years ago there would be no question about them covering this," he said.

### Staff waived fees

The good news, Falces said, is the tradition of St. Luke's and its staff in responding to such need. He said that under normal circumstances his fee for the procedure would be \$3,500. Hospital services, including staff time, would be an additional \$2,500. Also providing service for free was Dr. Sam Michaels, anesthesiologist, whose normal fee for the operation would have been \$500.

St. Luke's, a nonprofit hospital with the largest proportion of Medi-Cal patients in the city at 32 per cent, provides nearly \$5.5 million of charity care each year. Its mission for more than a century has been to quality care at lowest possible cost to those in need, regardless of ability to pay.

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